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14 Telegram

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20 Help

21 One

24 Transfer

28 Nightspot of a sort

32 "The Thin Man" role

33 Venomous viper

34 Wheels of fortune?

36 Soong — -ling

37 Passel

39 Keyboard feature

41 Largest of the lower 48

43 In due time

44 Meadow

46 Milk dispenser?

50 Mecca for fans, maybe

55 Water (French)

56 Language of Pakistan

57 See 58-Across

58 With 57-Across, Scarecrow's TV partner

59 Agrees silently

60 Eyelid woe

61 Inseparable

DOWN

1 Gordon Ramsay, e.g.

2 Emanation

3 Suitor

4 Gasoline alternative

5 Support of a sort

6 Crib

7 Pop

8 Stockholm's land

9 Pen point

10 Writer Levin

11 Apiece

17 Cover

19 Sister

22 Wading bird

23 Florida city

25 Barber-shop prop

26 Vicinity

27 Den

28 One of the tenses

29 Capri, for one

30 Pinnacle

31 Horse of a different color?

35 Cause of great affliction

38 Seal's cousin

40 Conclusion

42 Collection

45 Requests

47 Show-room sample

48 Deserve

49 Bit of trickery

50 Baltimore newspaper

51 Expert

52 Peculiar

53 Nipped

54 Whatever amount

Solution time: 21 mins.

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Yesterday's answer 7-7

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7-7 CRYPTOQUIP

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LQTCI KA SG LQTCI.

Yesterday's Cryptoquip: IF A CUCUMBER OR MELON BEGINS TO DECOMPOSE, I SUPPOSE I'D CALL THAT THE CHANGING OF THE GOURD.

Today's Cryptoquip Clue: D equals O

THE SKEWED VIEW

By Frank St. George



WEEKLY BLOTTER

ARREST REPORTS

SATURDAY

Jordan Elizabeth Christian, 1416 Westwind Drive, was arrested at 11:38 a.m. for criminal use of a financial card and theft. Bond was set at \$1,000.

Kevin Wayne Broughton, homeless, was arrested at 1:27 p.m. for driving under the influence, reckless driving, driving without a valid license and unlawful transportation of an open container. Bond was set at \$5,000.

James Michael Lankford, 160 Moores Lane, was arrested at 2:46 p.m. for probation violation. Bond was set at \$5,000.

David Daniel Ballou, Jr., Ogden, was arrested at 3:20 p.m. for driving with a cancelled or suspended license. Bond was set at \$500.

SUNDAY

Sarice Nicole Rue, Junction City, was arrested at 3:40 a.m. for driving with a cancelled or suspended

license and habitual violation of unlawful operation of a vehicle. Bond was set at \$6,000.

Matthew Sean Boller, Junction City, was arrested at 4:38 a.m. for driving under the influence. Bond was set at \$750.

Jonathan Brian Biggs, Kansas City, Mo., was arrested at 5:06 a.m. for driving under the influence. Bond was set at \$750.

Lisa Marie Hill, 600 N. Juliette Ave., No. 6, was arrested at 4:48 p.m. for three counts of failure to appear. Bond was set at \$3,061.21.

Stanley Jaye Coleman, 3028 Kimball Ave., No. 2, was arrested at 9:10 p.m. for driving with a cancelled or suspended license. Bond was set at \$500.

MONDAY

Travis Lee Saddler, 1219 Claflin Road, No. 5, was arrested at 12:23 a.m. for failure to appear. Bond was set at \$150.

Leonora Villa Galina, Lawrence, was arrested at 2:08 a.m. for domestic battery of a family or household member. Bond was set at \$500.

Richard Lee Burns, 1915 Casement Road, was arrested at 11:55 a.m. for failure to appear. Bond was set at \$30.

Thomas Michael Pacelli, homeless, was arrested at 1:29 p.m. for probation violation. Bond was set at \$4,197.

Terrance Patrick Bise, 1625 Pierre St., Apt. B, was arrested at 5:04 p.m. for driving with a cancelled or suspended license. Bond was set at \$750.

Haliti Shpresim, Junction City, was arrested at 6:43 p.m. for failure to appear. Bond was set at \$130.

TUESDAY

Jeremiah Ray Egbert, Ogden, was arrested at 3:25 a.m. for battery. Bond was set at \$500.

KenKen | Medium

Use numbers 1-4 in each row and column without repeating. The numbers in each outlined area must combine to produce the target number in each area using the mathematical operation indicated.

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Drawing I

Drawing II

History and Culture of Rome

Hospitality Law

Illustration

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Type and Design

Aug 31 - Nov 18 12-week term

Business and Economic Statistics I

Business and Economic Statistics II

Aug 23 - Oct 15 1st 8-week term

Accounting for Business Operations

Business Law II

College Algebra

Environmental Geology

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Introduction to Microcomputer Database Applications

Introduction to Microcomputer Spreadsheet Applications

Introduction to Microcomputer Word Processing Applications

Introduction to Political Science

Introduction to Sociology

Introduction to Women's Studies

Japan's Samurai Age

Plane Trigonometry

Police and Society

Principles of Macroeconomics

Principles of Microeconomics

Public Speaking I

Public Speaking II

Oct 18 - Dec 10 2nd 8-week term

Accounting for Investing and Financing

Arabic I

College Algebra

Earth in Action

Expository Writing II

General Calculus and Linear Algebra

General Psychology

Geology Laboratory

History of the United States Since 1877

Intermediate Macroeconomics

Intermediate Microeconomics

Introduction to Information Technology

Introduction to Microcomputer Database Applications

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Christian rock artist performs in City Park for local girls, families

Concert ends June's Project Self-Esteem hosted by Westview

Vestoria Simmons
Staff Writer

Sunshine and music filled City Park Wednesday as dozens of girls, ages 8 to 15, laughed and played in the grass. Their parents, siblings and pets sat on benches and lawn chairs in front of the Larry Norvell Band Shell to watch Christian rock artist Jonny Diaz perform his hit song "A More Beautiful You."

Diaz's performance wrapped up Project Self-Esteem, a five-week series of workshops hosted by Westview Community Church for young girls.

The workshop taught girls that despite what people might say, God thinks they are beautiful, said Sarah Siders, co-coordinator of Project Self-Esteem.

Throughout his show, Diaz created an intimate mood by telling the audience stories behind each song he wrote and performed. The lyrics were displayed on a large projector so the audience could sing along.

"I've been married for about two years, so I know everything about women," Diaz said. "I've noticed that girls of all ages just want to be beautiful. The media might be telling you that you have to look a certain way to be beautiful, but I believe that God

made every woman beautiful and special in her own way."

Diaz performed several songs from his album "More Beautiful You" and stayed at the park after the show to take pictures and sign autographs. His albums and memorabilia were also available for sale.

Throughout the month of June, Siders, Stephanie Wick, co-coordinator of the project, and a volunteer staff hosted the workshops every Wednesday night at Westview, located at 3001 Fort Riley Blvd.

The idea for Project Self-Esteem largely came from Diaz's song "A More Beautiful You," because it challenges the media's image of "beautiful," Siders said.

Each session discussed a different topic, including forgiving people who negatively label girls, female relationships and the media's effects on body image.

For the final workshop, the girls participated in a talent show to share their passions, including athletics, modeling, fashion and singing. Miss Kansas 2010 Lauren Werhan and several members of the K-State Women's Basketball team shared their thoughts on body image with the girls.

"We wanted to bring in people that were recognizable and had a good message," Siders said.

Diaz's concert wrapped up the 2010 Project Self-Esteem.

The participants and the vol-

unteer staff raised more than \$6,000 from fundraising events to pay for the concert.

"The community support we received was amazing," Siders said.

Vickie Holverson, Manhattan resident, attended the concert with her granddaughters, who participated in the program.

"I think this is a very good project for young girls because they don't necessarily look at themselves as beautiful, and good self-esteem is very important," she said.

Holverson said her granddaughters found out about the program through attending services at Westview; she said she would love for them to participate again next year.

"The concert was nice to attend," Holverson said. "I thought it was a beautiful evening; my goodness, God couldn't have furnished a better evening for it."

Anna Hupp, 11, also participated in Project Self-Esteem.

"The workshops were really open; it wasn't all serious and boring, even though there were times we got in deep thoughts and talked to God," she said.

Siders said Project Self-Esteem plans to evolve and continue its workshops next year.

"I just loved seeing all the girls come and really get involved, and I think they were really open to the message," she said.



Attendants watch **Jonny Diaz** perform as part of Project Self-Esteem in the Larry Norvell Band Shell Wednesday night.

Breezing through boyhood



Nicolette Zeigler and Lacy Vieux, of Wamego, took **Weston McKinney**, 3 (left), **Byron Zeigler**, 7 (middle) and **Colton Vieux**, 8 to City Park Tuesday afternoon.

Nicolette operates a daycare and brought the children to Manhattan to enjoy the warm weather at the playground.

Jennifer Heeke
COLLEGIAN

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Toy Story 3: 3D G 12:05 1:15 2:25 3:45
4:50 6:45 7:15 9:20 9:40

The Karate Kid PG 12:20 3:20 6:20 9:20

The Last Airbender: 3D PG 12:00 2:30
5:00 7:30 10:00

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FOOTWEAR FLOP

Sandals emphasize ugly toes, cause harm to students' feet



Karen Ingram

Much to my dismay, flip-flops have become THE casual shoes in recent years. It isn't uncommon to see students wearing them on campus year-round, even in the winter. Several people have told me they only wear closed-toe shoes if there's snow on the ground.

It's not just college or high school students I see wearing them every day; I see people throughout Manhattan wearing them, sunshine or snow. I see them on TV being worn during dress-up events, like award ceremonies and state dinners. Add a few rhinestones and apparently flip-flops will compliment any evening gown.

I know from personal experience that flip-flops are convenient, but their popularity bothers me. In 2005, women lacrosse players from Northwestern University wore flip-flops to meet President George W. Bush. I'm no fashion guru, but that seems downright disrespectful.

Another reason I dislike the idea of using flip-flops every day is because, simply put, they are harmful. A USA Today article from June 2007 details the effects podiatrists are seeing in people who insist on wearing flip-flops all the time: foot, knee and lower-back pain, swollen Achilles' tendons, heel calluses

and collapsed arches. Even children, teenagers and athletes suffer these problems that are normally seen in much older patients, all because they insist on wearing convenient shoes designed for temporary use as everyday shoes.

In a Sept. 6, 2007 article from the North Texas Daily, foot doctors explained the floppy movement of flip-flops on a person's feet can cause unstable walking, resulting in sprained ankles and even fractures.

I have never been fond of the look of flip-flops, simply because I think feet are ugly, but I bought myself a pair of cheap ones last summer to have something quick to throw on for backyard barbecues and checking the mail. Within minutes of trying them out, I noticed the flip-flops drastically changed the way I walked. My stride became shorter, less steady, and my toes gripped at the useless shoes to keep them from sliding around. Despite the fact that the flip-flops were rather convenient to slip on and go, I decided I did not like them and disposed of them after a couple of months.

Since then, I've taken more notice in the way people walk with flip-flops on and just how bad they look. I'm sorry, but feet really are ugly. There are so many

deformed toes on campus, some too short, some too long, and chapped heels to go along with them. Some people drag their feet, adding an annoying sound to the look, and others walk so crookedly, half of their foot is actually on the ground. The flip-flop, in my opinion, not only emphasizes how disgusting the human foot is, but makes it worse with undesirable side-effects.

In particular, I've noticed the way people curl their toes to grip the flip-flops, just as I had done, and how this look can become permanent over time. While researching for this article, I found the name of this ugly, permanent curling of the toes: hammer toes. Even the name sounds ugly.

I hope flip-flops just plain flop out of popular culture in the near future. They're bad for your health, and no amount of rhinestones can make deformed toes look pretty.

Karen Ingram is a junior in English. Please send comments to opinion@spub.ksu.edu.

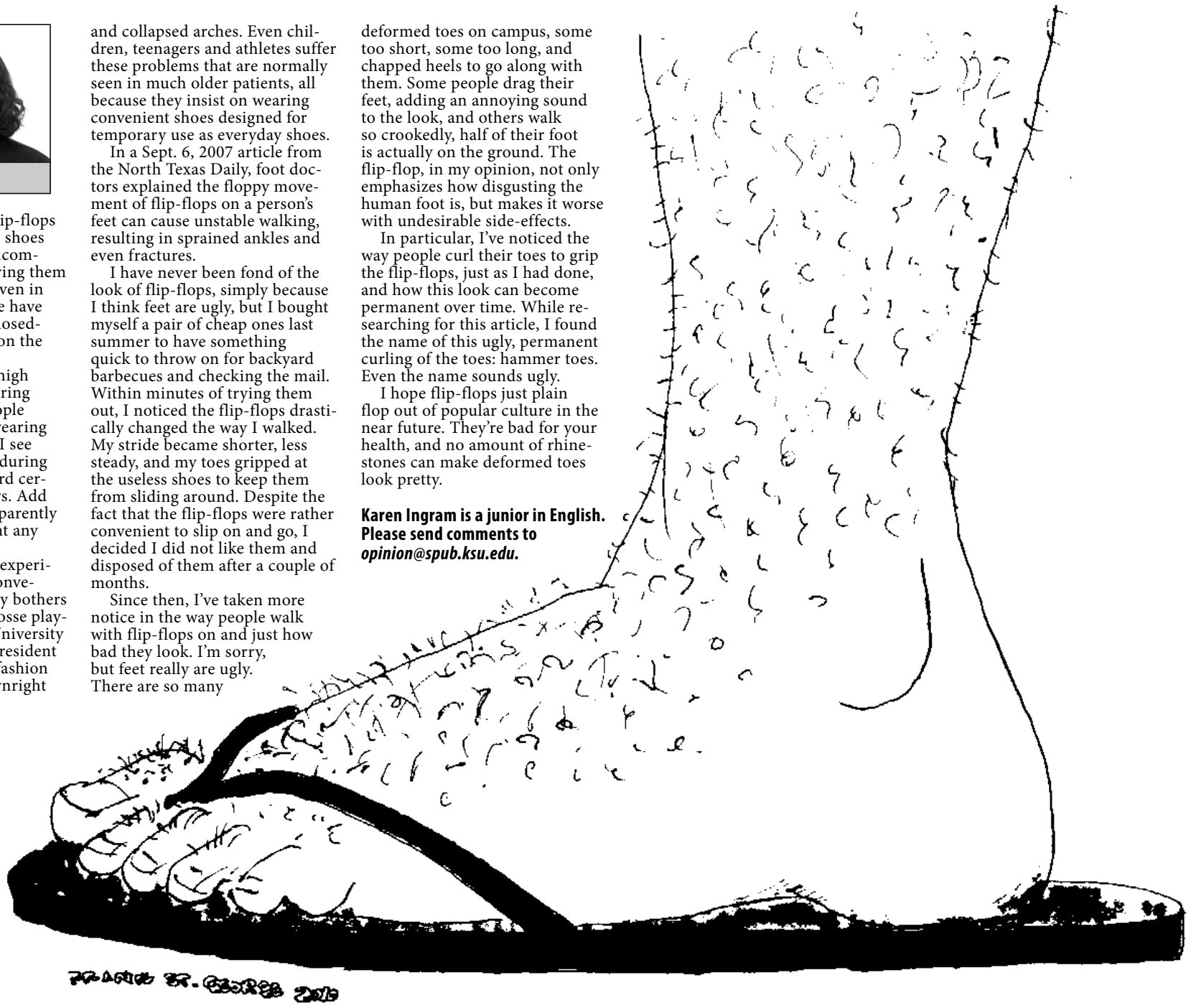


Illustration by Frank St. George

Fourth of July festivities remind us why U.S. is best



Chuck Fischer

There is nothing more American than the Fourth of July. The American way is to have the biggest, loudest, most annoying amount of fun, and this is never more true than when it comes to the Fourth of July.

No matter how old or young celebrators are, when the fireworks start going off, everyone is smiling. This is especially true when it comes to watching the fireworks at a local display. Whether one likes the big, color-filled fireworks or the fiery screamers, there is something for everyone when it comes to these vibrant exhibits.

But it's not just fireworks that makes July Fourth arguably the best holiday in America.

Without fail, every get-together has a grill fired up, cooking with delicious food. While barbecuing might not be entirely American, we definitely do it better than any other country. It only makes sense that when we celebrate our independence, we barbecue.

And nothing goes better with grilled meat than beer. I know Americans don't brew the best beer in the world, nor do we drink the most, but would it really be American if we didn't mix and match cultures? While some might not wish to partake in the fermented hops and barley, there is always some alcohol floating around every party in America. It wouldn't be an American celebration if there wasn't some way to take the edge off and make talking to your crazy Aunt Martha less agonizing.

Then there's the music that makes each celebration most definitely American. I've been to several different Fourth of July celebrations in my life, and there is a sense of

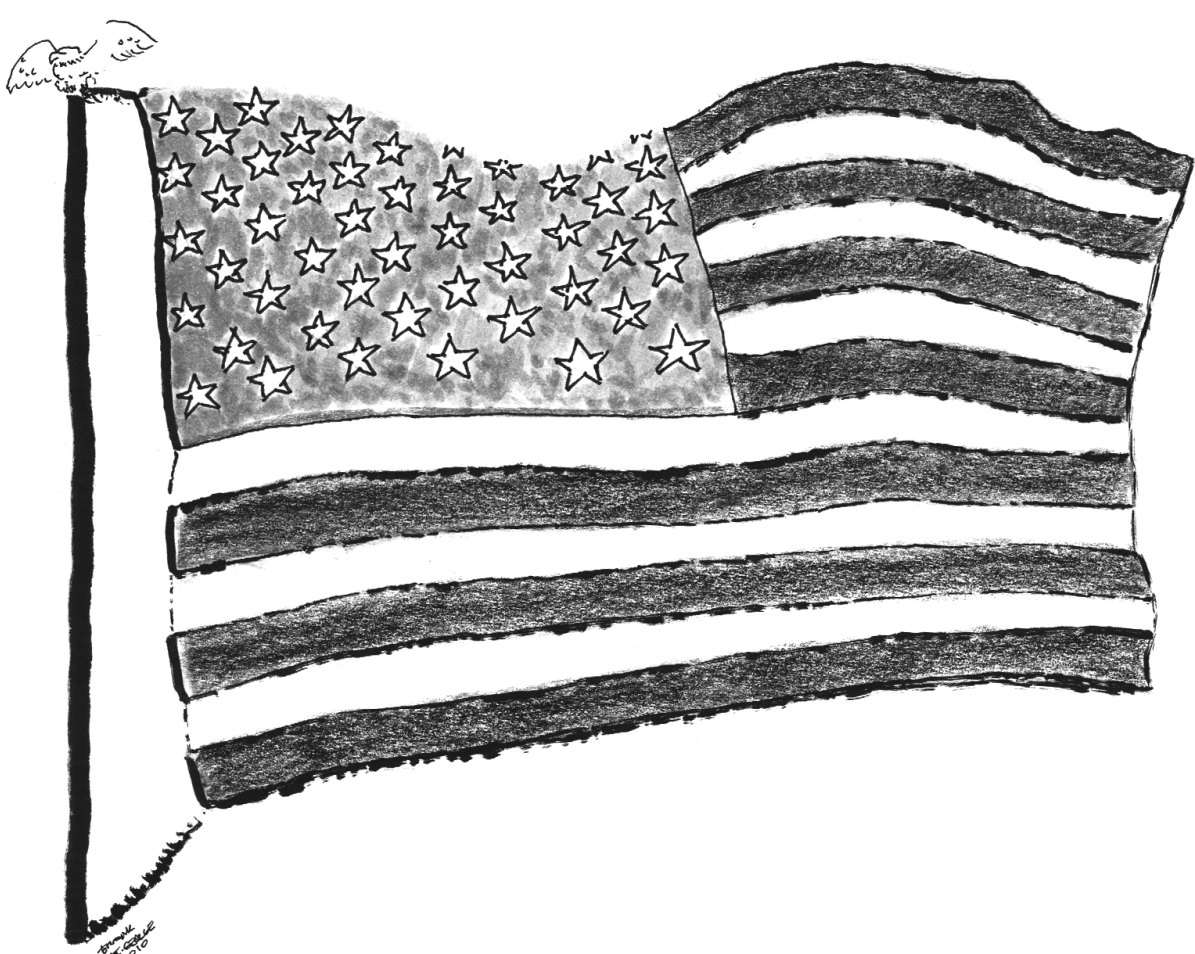


Illustration by Frank St. George

patriotism in the air once the music starts. From "The Star Spangled Banner" to "God Bless America," we tend to drift away, thinking about all the great men and women who have given their lives so we can celebrate freedom.

There is no doubt we live in the greatest nation on the planet. Some might argue Americans are the most arrogant people on Earth, but since we are the lone superpower, I think we can be a little arrogant from time to time.

Sure, Americans have this strange sense that each person should have a say in who runs our country, and I know this is unheard of in the ma-

ajority of other countries, but that is another reason why the U. S. is the greatest country.

The Fourth of July is the ultimate way to remember what makes the United States the place to live. Though our freedoms have come at the price of American lives, without their sacrifices, we would not be able to sit out in backyards across the nation and watch bottle rockets race toward the sky and explode or barbecue delicious food that we can say was grown in the same backyard.

While some might be delayed in getting to sleep due to the fireworks that explode late into the night, just remember the men and women who

fight for our rights to be able to have our own residences. Remember those men and women who fight so we are able to hear those booms at night and know they are not real mortar rounds. Remember those men and women who fight for our right to be Americans. Remember those men and women who have fought to make this country the greatest on Earth. Without them, you probably wouldn't even be reading this.

God Bless America.

Chuck Fischer is a junior in Business Management. Please send comments to opinion@spub.ksu.edu.

THOUGHTS ON CAMPUS

Do you think drugs for ADHD, like Adderall, are overprescribed by doctors?

"That's hard to say. I think that it could be overprescribed, but the general public has a distorted opinion of that and they're making judgements based on little to no knowledge."

Marian Mersman, sophomore in pre-medicine and psychology

"To some extent, yeah. I have a cousin with ADHD who is on drugs and he definitely needs it, but I also know a lot of kids who are on it who don't. I think a lot of it has to do with parents who don't want to deal with the discipline."

Molly Bostwick, senior in secondary education mathematics

"I think they are overused even by the people that have ADHD because they use them to study and stay awake. I know a lot of people that have it and a lot of people that don't who use it way too much."

Samantha Kohman, junior in agricultural communications

"Yes, but I think there needs to be more research done on the difference between ADHD and a child who is not challenged enough, like in school."

Annalise Snyder, senior in communication sciences and disorders

"I do, because it's pretty easy to get ahold of it, even if you don't have ADHD."

Brett Flanagan, senior in construction science

"Yes, because of my experience with people who have ADHD who take them. I think the classroom structure needs to be changed to accommodate them better."

Susan Klein, administrative specialist and researcher

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SHAPELY CUTS

Certain hairstyles complement individual face shapes

Carrie Gilliam
Edge Editor

Baseball hats and loose ponytails fit right in on a college campus, but when it comes to the professional world, they must go. But with a hairstyle that complements face shape, students will find themselves transitioning smoothly into a career; aesthetically at least.

Face shapes include oval, round, square, triangle, inverted triangle, diamond, heart and a typical longer face.

Ingrid Rhynes, director of B-Street Designs International Hair Styling, located at 512 Poyntz Ave., compares hairstyles to outfits.

“Everything needs to complement each other,” she said.

Rhynes said the first step to getting a great style is to know your face shape. She said it is easy to figure out face shape because it will typically be comparable to the real geometric shapes, like a square or triangle.

Brenda Ricketts, hair stylist at Haynes Salon, located at 718 N. Manhattan Ave., said oval is the perfect head shape to create the most variety of hair styles.

Rhynes said oval shape allows people to wear their hair longer or have an up-do.

“The side pony is coming back, which cracks me up,” Rhynes said.

When it comes to other face shapes, there are hair styles that should be avoided.

Rhynes said a round face should always avoid a bob or shorter hair cut.

“The face is already round and the bob will make the face



even more round,” Rhynes said.

Rhynes said square faces have width at the jaw line and temple and should avoid longer hair styles, but create bangs.

An example of a good hair style for square face would be a bob. A bob is shoulder length or shorter and can be all one length or have several different layers.

A triangle shape should have a similar style as a square shaped face. A style with more action at the temple offsets the prominent jaw line.

Highlights around the face also draws the eye out more, Rhynes said.

She said a popular hairstyle for a triangle shape would be the “stack” or “Victoria Beck-

ham,” an inverted bob shorter in the back and longer in the front.

Diamond and heart-shaped faces both need to have width added to the chin area, Rhynes said.

A diamond also needs expansion around the eyes, so Rhynes said a bob with bangs would be the best option.

A heart-shaped face does not need width around the eyes. Longer shag or a longer layered hair cut is better for a heart-shaped face, Rhynes said.

A typical longer face should not have a longer look because it will draw the eye down even more, Rhynes said.

Face shapes are not as important for men to pay attention to, said Kent Yeager, owner of



Photos by Jennifer Heeke

Aggie Hair Shapers, located at 1220 Moro St. Instead, it has more to do with the image they are trying to project.

“Usually fraternities have the shorter, cleaner cuts,” Yeager said. “It ranges from shorter hair styles to the Justin Bieber look.”

Yeager said even if the cut is a little shorter, the neck is typically not very clean and the cut looks a week or two old.

Yeager said he does a lot of thinning when men have coarser, thicker hair.

“They tend to complain about their head getting too hot,” Yeager said.

The styling look has also gone away from the shiny gloss finish to the matte finish when dealing

with hair products, Yeager said.

He said there are a few ways men can keep their hair healthy.

“Stay away from the shampoo/conditioner combination,” Yeager said. “They do not do either one well.”

Instead, Yeager said to use products for specific needs like oily or dry, flaky hair.

Rhynes said customers should talk to their stylist when getting their hair done.

“Talk to them about how they are blow drying the hair and what product is being used,” she said. “If you go home and use different products your hair is not going to look the same.”

Rhynes also said not to over process hair with too many highlights and color.



HOROSCOPES



Cancer, June 22 - July 22

What a great time of the year it is for you.

Too bad there is some bad news waiting at your doorstep.



Leo, July 23 - Aug. 22

You will yet again be reminded of how

old you are getting this week thanks to yet another wedding invitation.



Virgo, Aug. 23 - Sept. 22

If a date takes you on a camping trip they

probably have only one intent.



Libra, Sept. 23 - Oct. 23

If getting married equates to happiness, then what is your excuse for tying the knot?



Scorpio, Oct. 24 - Nov. 21

The fact that no one understands you

does not mean you are an artist, but it could mean you came from Nebraska.



Sagittarius, Nov. 22 - Dec. 21

The cosmos foresees duct tape in your

future. Lots and lots of duct tape.



Capricorn, Dec. 22 - Jan. 19

If you haven't al-

ready developed a way to talk in code with your best friends, now is the time to learn. Coconuts.



Aquarius, Jan. 20 - Feb. 18

You just might be lame if the last four

posts on your Facebook wall consists of things you have posted.



Pisces, Feb. 19 - March 20

It is a common misconception that

this particular zodiac sign cares about others. It is usually just a front for some kind of strange

Ponzi scheme.



Aries, March 21 - April 19

Domestic Dan says:

“Carry two pairs of socks this week because Karma is going to defecate on your parade.”



Taurus, April 20 - May 20

Though many things in your life may

seem uncertain, the stars would like to remind you of a constant: The great taste of Charleston

Chew.



Gemini, May 21 - June 21

Kid Cudi's song “Day N Nite” will be the

next song on the soundtrack to your summer.

-Compiled by Tim Schrag

Bright colors in style for both men, women

Lucrecia Nold
Staff Writer

Summer heat is reflecting the cool, new looks people see when they head down to the ‘Ville.’

Allison Williamson, employee at Envy, located at 1223 Moro St., shared some of the 2010 summer trends she has seen around campus and in Manhattan.

Coral and bright colors are popular, Williamson said. The latest trend is to mix bright colors — like yellow and orange — together.

Sun dresses, along with high-wasted skirts, have also been popular, Williamson said.

Williamson said she prefers the light-weight summer dresses.

“I’m in love with them,” she said.

Sara Garcia, senior in apparel and textile design, also pointed out some of her summer favorites.

“Right now I’m really into teal colored nail polish and I really like the tiny-flower print jumpsuits that look kind of like a dress, but it is shorts,” she said.

Garcia also said she thinks ruffles, gladiator shoes and braids go well with the romper jumpsuit.

Tiffany Carter, May 2010 graduate in hotel and restaurant management, said

she has been impressed with the sundresses in local stores.

Carter said she purchased a sundress for the first time in a while this summer. She also said she prefers “frilly, girly and bold colors” during the summertime.

Whether sporting a romper or sundress, as long as it is bold and bright, a girl cannot go wrong. Girls will be looking hot and in style while staying cool from the summer heat.

Men can be even more bold with their style and get away with it.

Cody Dodd, sales associate at The Buckle, located in the Manhattan Town Center, said the style all depends on the guy.

He said summer fashion has included a lot of basic v-necks, plain and striped. He said the typical customer adds a pair of light-weight shorts, typically solid or plaid patterned.

“Guys who are bolder with their fashion prefer the big graphics, but the basic plaid always sells,” Dodd said.

He also said men are now starting to tuck the front of their shirt into their pants, a new trend.

Dodd said it’s possible for any-size guy to find something that fits them well.



Jennifer Heeke | COLLEGIAN

Casie Adams, senior in nutrition sciences and pre-medicine, is wearing a blue summer dress made with light, cool material perfect for the

BURSTING IN AIR

Rain doesn't dampen annual firework shows



top: Fireworks burst over the neighborhood north of CiCo Park Sunday evening before the Thunder over Manhattan fireworks show.
above: Thunder over Manhattan is an annual firework show at CiCo park that celebrates Independence day.



Matt Binter | COLLEGIAN
Spectators watch from their seats as fireworks burst over CiCo Park after a day of steady rain.

Disability Services offers counseling for ADHD students

By Britton Drown
Contributing Writer

Editor's Note: To protect his identity, source's name has been changed.

Nestled in the heart of campus, Holton Hall has made life a little bit easier for a myriad of students.

202 Holton is where Disability Support Services makes its home.

Nearly 125 students use this building as a haven to discuss their troubles with Attention Deficit Hyperactivity Disorder, according to Service Director Andrea Blair. It's a place to talk about their daily lives in school and battling the effects of ADHD.

"The most consistent thing about all of them are the inconsistencies," Blair said. "But some similarities, what I hear, are students in a test get real distracted when people start getting up from their seats. They get very anxious that they are going to run out of time because everyone else is already done."

Blair assists students with their academic struggles related to ADHD, and said she has seen an evolution of this disorder within the college environment.

"It has definitely increased over time," Blair said. "But I have had ADHD since I have been here."

While the center is not an area for students to receive medical treatment for ADHD, it serves as a center for aid in their schoolwork.

"We don't talk a lot about the medications," Blair said. "We talk more about academic accommodations such as a test-taking accommodations, time management, more classroom accommodations."

Blair said she does not discuss the possible negative side effects ADHD medications like Adderall can have. She said she leaves the prescribing of medications to the doctors.

"They are the ones that are going to need to have the conversations with them about the medications," Blair said. "I'm more about the grades and the classroom."

DSS has strict guidelines when treating ADHD and students who take Adderall. According to the DSS website, students wishing to receive accommodation for not only ADHD, but for any of their services, must complete an application.

This application asks the students questions regarding their demographic background, information about their specific disability and questions about what types of services they wish to receive from Blair and her staff.

"It asks how you have been diagnosed, how it affects you and what the impact is, if you are on medication, does that change things," Blair said.

Blair has been working at DSS for 16 years and has been working with students with ADHD the entire time. She said because ADHD is a growing condition on campus, her position is very important.

But she said she still is learning about the condition.

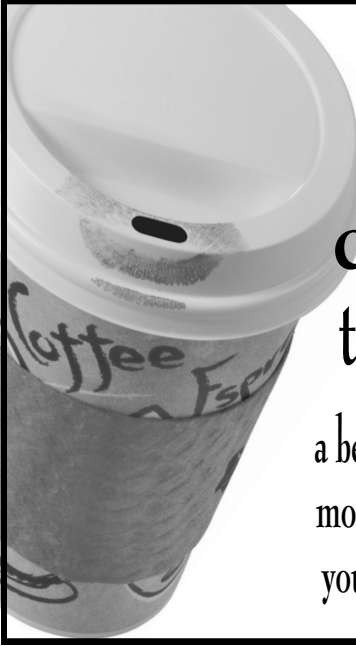
For college students suffering from ADHD, daily activities can be challenging.

Chris Turner*, sophomore, who has been prescribed Adderall to combat his ADHD, said he has noticed the benefits.

"One thing I did notice was my notes that I took in class were a lot more organized after that," Turner said. "I don't know why, but it was definitely easier to remember what the teacher was saying and then put it into my own words and write it down and take notes."

And that is exactly what Blair teaches her students.

"If anything, I talk to them about remembering to take it," she said. "I tell them to keep a few in their backpack for the middle of the day when they remember so they will actually have one, and it's not at home."



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ADDERALL | Students find pills easy to obtain on campus

Continued from page 1

"I have noticed and been able to observe the tendency or the increase in prescription medication to manage all types of behavior," said Travis Linnemann, professor of sociology and graduate student in sociology. "Stimulants such as Adderall tend to be the most common one, and it just makes sense that as kids transition from secondary education to post-secondary education that they would come to college and they might be presented with the opportunity to abuse these drugs more readily."

Parkin, who began using the pill during his sophomore year at K-State, said he immediately noticed the effects.

"There was definitely a difference," he said. "My tests; I felt better prepared for. With that being said I was at a point that spring semester when I was on it; I used it as a crutch. It made me feel good because I was actually studying more, and I felt motivated to do it"

Linnemann said students often times use school to justify their abuse of the pill.

"I think some of the deviance related to it is reduced when you think about in terms of doing something pro-social," he said. "Using this drug not recreationally in a deviant manner to get high or do whatever else, but to be able to accomplish an acceptable task reduces at least some of the cultural consequences of it."

The legality, a constant battle on campus

Even though he didn't have a prescription, Turner was never worried about the legality of his involvement with buying and selling Adderall.

And he's not alone.

According to a study conducted by the Psychology Health and Medicine Journal in August 2002, 35 percent of college undergraduates at one university reported to have tried prescription amphetamines without a proper prescription.

That statistic doesn't surprise Turner.

"I think it's more casual than a regular kind of illegal drug," he said. "I would say 75 percent of the people that use it illegally, use it for academic purposes instead of recreation. That is probably one of the biggest differences."

Ronnie Grice, chief of the K-State campus police department for over 16 years, admits that controlling the distribution of Adderall and other prescription drugs throughout campus

is a difficult task. The campus department has received very few reports of illegal use of Adderall, which creates a difficult scenario for officers.

"Adderall is a difficult drug to detect abuse in," Grice said in an e-mail interview. "We are aware of the illegal use, but have taken very few reports. They are easily concealed from roommates and family, odorless and can be perceived as prescribed drugs."

But if students are caught, the penalties are harsh and even include prison time. Those who are actually caught by law enforcement illegally selling Adderall to students face the same punishment as selling any other illegal drug in the amphetamine category.

Adderall is considered a schedule-two, controlled-substance drug under the U.S. Drug Enforcement Agency's five level list, with engaging in the buying or selling of schedule-one drugs considered as the highest offense. Other drugs categorized as schedule-two include cocaine, morphine and methamphetamine.

It's a tough system that Linnemann says many students are not aware of, and could easily fall victim to.

"In those cases the rationality of our drug system is designed to get street level dealers of all drugs," Linnemann said. "It files everybody under the same kind of rubric and doesn't have any way of being flexible."

After using the pill for some time and becoming familiar with its effects, both Turner and Parkin said they felt an urge to make the process legal.

So during his sophomore year, after using Adderall illegally for three years and becoming familiar with its effects, Turner sought out medical help.

"The reason I wanted to get a prescription was to kind of make it official," he said. "It wasn't even necessarily to go there for a prescription, it was to go and see if I actually had ADD, and see if I could make it legal or legitimate."

But what he discovered during his appointment with his psychiatrist was the diagnosis process was much different than he anticipated.

The fuzzy diagnosis process

Turner discovered there is no universal method of testing for ADHD, despite the sharp increase in diagnoses. Studies show the diagnoses of ADHD have increased 3 percent per year from 1997-2006.

Typically patients like Turner will encounter a simple question-and-answer session with a therapist where they discuss their symptoms in the

classroom or daily life.

At his office in Topeka, Dr. Bob Alan said he makes sure to fully evaluate his patients when diagnosing ADHD, often meeting with his patients several times.

"What I'm looking for in the diagnosis is obviously a deficit of attention," Alan said. "I kind of reverse those words a little bit. So I'm checking the ability of the kid to pay attention and also I always look at how the family interacts with the child; that is going to get a lot of detail and how the ADHD plays out at home."

During his visit with a psychiatrist, Turner said he discussed openly his previous experience with Adderall, and was surprised at the ease of which he received his diagnosis and eventually a legitimate prescription for Adderall.

"If you have a Mountain Dew you will have all of these symptoms," Turner said. "It's kind of shady I would say."

It's a situation that Linnemann, who worked for 10 years as a high-risk probation officer in Riley County, said he has rarely seen with any other drug.

"It's really different," he said. "I don't know of any other drug that is that difficult to develop a diagnosis or treatment"

A study conducted by the U.S. Department of Health and Services found that 4.5 million children ages 3 to 17 years of age have been diagnosed with ADHD. Boys were more than twice as likely as girls to be diagnosed with the condition at 11 percent, while 4 percent of girls were likely to be diagnosed.

It's the increase in diagnoses that has stemmed a feeling of familiarity and is fueling the trend of abuse on college campuses, Linnemann said.

"I think that it is so common and so often used and ingrained," he said. "We prescribe so many more psychotropic and behavior management drugs in this nation compared to other nations. I think we have normative value or normative standards for it."

The dangerous side effects

Taking Adderall does come with its costs. The small pill has some heavy side effects that come with it, some might be more severe than the typical user may expect.

According to a New York Times article and a study conducted by the American Journal of Psychiatry, "sudden death" has been reported as one of the rare side effects of Adderall use among children and adults.

Most of these "sudden death" cases were seen in children who had suffered cardiac abnormalities before taking Adderall, however there were still a small number cases of "sudden death" in children who did not previously suffer from heart conditions.

According to a report from Psychiatric News, there were 20 reports of "sudden deaths" associated with Adderall use, 14 of which were children, while six were adults. In the United States, 12 children were victims of "sudden death."

Adderall is not banned in the United States, but the FDA did issue a formal warning addressing this rare phenomenon in the use of Adderall.

More common side effects of Adderall use include weight loss, dizziness and trouble sleeping.

Parkin said his doctor discussed these side effects with him during his initial visit.

"He just wanted to check on some things, but was a bit hesitant," Parkin said. "I guess somewhat reluctantly, but he said, 'This is how it is going to be, but I guess we can try this out,' but he did offer alternatives."

LIVING WITH ADHD AND ADDERALL

Adderall has had an impact on both Turner and Parkin's lives and after initially experimenting with Adderall, they have both received legitimate diagnoses and prescriptions for their conditions.

They now face the temptation of selling the drug themselves, as they both have a constant supply. But it's part of living with a label of ADHD.

"I don't want people coming up and asking all the time if they can buy," Parkin said. "But I will do it for the financial benefits, and so they can see the benefits themselves."

It's the same process both Parkin and Turner went through themselves when curiosity led them to discover their condition. Now, medicated school looks different, in a good way.

But it is clear there needs to be an education process provided to college students across the nation to combat the abuse of prescription medication, and according to Linnemann, education is the answer.

"Combining clear, non-exaggerated information about the risk of any drug and making that available to all students and allowing students, once they are educated or informed, to make their own decisions," Linneman said.

CELL | RCPD to issue fines in January

Continued from page 1

in effect for one week, Crosby said no records have been released yet. However, Crosby said there should be statistics in the future because accidents caused by cell phone usage can be recorded under the new statute.

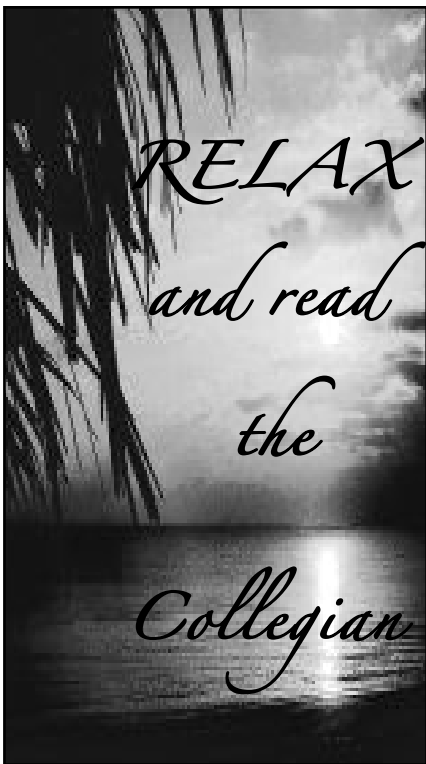
"People are under the misconception that we are going to target people using cell phones," Crosby said. "We are not ignoring the law, but we are going to enforce it as time permits and the locations are okay to do so."

Howard said she wonders how patrolmen will enforce the new cell phone laws, especially when it comes to net texting.

"Texting is such a short form of communication where you're constantly putting the phone down," Howard said. "I think it'll be hard for officers to catch it."

Crosby said there will be times when this law will be tough to enforce, but action to prohibit such distraction needs to be taken.

"It is an educational tool and a driver-awareness tool," Crosby said. "We are trying to promote safe driving."



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					7	3		
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Career Closet offers students free professional clothes for interviews

Career and Employment Services to host second clothing distribution in Holtz Hall prior to September career fair

Hannah Blick
Copy Chief

One lucky K-State student is headed to job interviews wearing President Kirk Schulz's suit and tie, though he wouldn't know it.

Schulz, along with Pat Bosco, vice president of student life, Frank Martin, men's basketball coach and Bill Snyder, head football coach, donated professional clothes to the Career and Employment Services' Fall 2009 Career Closet.

The CES Career Closet helps students dress professionally for job fairs, interviews and internships by offering them new and gently used dress clothes donated by faculty and community members.

CES is preparing for another round of the Career Closet at the beginning of the Fall 2010 semester, said LaToya Farris, assistant director of CES, located in Holtz Hall. In 2009, the Closet received more than 700 donated items and outfitted more than 100 students. Farris said she expects those numbers to increase this year.

"I'm kind of scared about the amount of stuff we're going to get," she said. "I can only imagine with more press attention, and I'm not sure where we're going to put it all ... I'd love to have a permanent location on campus somewhere."

Because of spatial con-



LaToya Farris, assistant director of CES, looks at the bags of donations CES has received for the 2010 Career Closet on Friday. Students will be able to pick out professional attire from the Closet in September for career fairs and job interviews.

straints, CES had to use several small interview rooms in Holtz Hall for temporary clothing displays and dressing rooms last fall, Farris said.

Deb Guillen, CES project manager and coordinator of career fairs, said if the Career Closet could be set up permanently somewhere on campus, students could come throughout the year, rather than just once in the semester.

"Our request for donations was so well received, I think the project would take off," Guillen said.

Sheila Ellis, December 2009

graduate in print journalism, said she heard about the Career Closet through the CES listserv and decided to check it out in September 2009.

"At the time, I did have some business casual clothes, but I didn't have as much as I wanted," she said. "I got two blazers and a suit that was in great condition."

Ellis said she has worn the clothes for her job as a news reporter at The Roanoke Times in Roanoke, Va.

"It really helped out," she said. "I just didn't have the money to go buy more profes-

sional clothes because I had extra expenses from graduation and moving from Manhattan. I'm very grateful."

Farris said she first had the idea to start the Career Closet in Summer 2009.

"My friends always give me stuff because I can find people who need it," she said. "So I thought it would be cool to give some of the stuff to students who could use it."

She said many students show up to the seven CES career fairs throughout the school year looking unprofessional, because they either can't afford dress

NEED CLOTHES?
There is not yet a set schedule for the 2010 Career Closet, but students should check for dates and times in the Career and Employment Services' "How to find a job" flier, which will be distributed around campus at the beginning of the fall semester. The Career Closet will be open for two-hour blocks on three days, sometime between September 12-18.

WANT TO DONATE?
Bring all donations to the Holtz Hallfront desk. Items accepted include button-down shirts, suits, blazers, ties, belts, dresses, skirts, blouses and cardigans. Shoes are accepted if they are new or in like-new condition.

CAREER CLOSET NEEDS:
If you would like to volunteer at the 2010 Career Closet, contact LaToya Farris at latoyaf@k-state.edu. The Closet is looking for help with alterations, dry cleaning and sorting and set up of the clothing donations. CES is also looking for a permanent location to house the Closet's items.

clothes or don't know how to look the part of a career person.

CES has no requirements for who can take clothes from the Career Closet, as long as they are K-State students. Farris said each student is allowed to take five items.

"After the first day we had to limit students because they would just walk out with huge armfuls of clothes," she said.

Students who took clothes had the option to leave donations, and all proceeds were given to the Manhattan Emergency Shelter, Farris said.

"It was amazing how many students left money," she said. "We didn't have any expectations; some even wrote checks."

In addition to receiving clothing donations from faculty and community members, about 20 apparel students helped sort and set up all of the clothing, Guillen said. They determined the condition and style worthiness of each piece and hung them on display racks and hangers donated by The Buckle, a clothing store located in the Manhattan Town Center. Guillen said students had fun sorting through and trying on the clothes.

"The men were especially fun to help," she said. "They would come out of the dressing room and ask 'Does this fit?' And we would have to help teach them how to tie their ties. They would feel proud when they found something that fit, and then strut around."

Farris said the 2009 Career Closet also helped many international students who were not familiar with professional American dress or didn't bring anything appropriate for interviews with them to the U.S.

As for the student who fit into Bosco's clothes, Farris said she wonders if he has landed a job by now.

"He probably didn't even know, but he walked out of here with Bosco's suit," she said. "It was sharp looking."

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6:45-7:30 pm Michael Bellar and the AS-IS Ensemble

8-8:45 pm Roxi Copland

8:45-9:30 pm Tim Seisser Trio

9:30-10:45 pm Khani Cole

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